Integrated Chronic Disease Management and Prevention: A person-centred approach to addressing tobacco and other modifiable risk factors

This specialized course examines the five major modifiable risk factors (i.e. alcohol, stress, sleep, nutrition, and physical activity), their contribution to the major non-communicable chronic diseases, and their impact on tobacco and tobacco dependence treatment. This course also highlights best practices and integrated strategies to address multiple modifiable risk factors during tobacco dependence treatment.

1. The relationship between Tobacco Use Disorder and Non-Communicable Chronic Diseases (NCDs)
   1.1. Examine the relationship between tobacco use disorder and NCDs (cancer, cardiovascular disease, respiratory disease, mental illness, diabetes).
       1.1.1. Identify the proportion of deaths among the NCDs that can be attributed to tobacco use.
       1.1.2. Describe the impact of tobacco use on the NCDs.
           a) Healthcare burden
           b) Physiological association
       1.1.3. Describe the impact of tobacco cessation/reduction on the NCDs
   1.2. Describe how modifiable risk factors (i.e. stress, alcohol and other substances, nutrition, physical activity, sleep, tobacco) impact NCDs.
   1.3. Identify how change in one modifiable risk factor impacts other risk factors.
   1.4. Identify the challenges of concurrently addressing multiple modifiable risk factors.

2. Assessment
   2.1. Select screening and assessment tools to identify risk factors among clients who use tobacco.
       2.1.1. Screen all clients who use tobacco for other modifiable risk factors.
       2.1.2. Identify the various screening and assessment tools (advantages, disadvantages, outcomes, uses, limitations) for modifiable risk factors.

3. Create individualized treatment plan based on client assessment and goals
   3.1. Evaluate the client’s interest in addressing multiple risk factors.
       3.1.1. Apply agenda mapping to help the client set SMART goals for concurrent or sequential behavior change.
   3.2. Collaborate with other individuals within the client’s circle of care to coordinate treatment.

4. Client-centred, biopsychosocial, evidence informed interventions
   4.1. Provide interventions to address modifiable risk factors.
       4.1.1. Integrate evidence-based treatment guidelines for the modifiable risk factors.
4.1.2. Provide psychosocial interventions.
4.1.3. Provide pharmacological interventions where appropriate.

5. Program and system level implementation

5.1. Identify barriers and enablers to an integrated approach to addressing multiple modifiable risk factors.

5.1.1. List barriers and enablers to implementation (e.g. policy, administration, attitudes, documentation, resources):
   a) Practice
   b) Program
   c) Organization
   d) System

5.1.2. Identify recommendations to address barriers.
5.1.3. Develop an implementation plan to address barriers within the practitioner’s scope.
5.1.4. Design an advocacy plan to address barriers.

Learning Objectives (workshop):

1. Describe the impact of tobacco use on the non-communicable chronic diseases
2. Describe how the modifiable risk factors (stress, alcohol and other substances, nutrition, physical activity, sleep, tobacco) impact the non-communicable chronic diseases
3. Identify how change in one modifiable risk factor impacts other risk factors
4. Select screening and assessment tools to identify risk factors among clients who use tobacco
5. Integrate evidence-based treatment guidelines to address modifiable risk factors
6. Provide psychosocial interventions to address modifiable risk factors
7. Provide pharmacological interventions (where appropriate) to address modifiable risk factors